



# Kryptonite Candy

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## TOOLS:

- [Candy thermometer \(1\)](#)
- [Ladle \(1\)](#)
- [Pan \(1\)](#)
- [Pot \(1\)](#)

## PARTS:

- [Sugar \(1\)](#)
- [Quartz Crystals \(1\)](#)
- [Rice \(1\)](#)
- [Electric green food coloring \(1\)](#)
- [Your favorite flavoring \(1\)](#)
- [Vitamin B2 capsules \(1\)](#)
- [UV Flashlight \(1\)](#)

## SUMMARY

Using just a few ingredients, I'll teach you how to make Kryptonite candy that glows under UV light.

This project is originally by [BrittLiv on Instructables](#).

## Step 1 — Kryptonite Candy



- First gather your ingredients: sugar, electric green food coloring, your favorite flavored oil, and the magic touch, vitamin B<sub>2</sub> capsules to make them glow.
- To make the candy you'll also need a stove, pot, candy thermometer, aluminum foil, quartz crystals to make the molds with, and rice to hold up the molds.
- Before cooking, prepare your molds by covering the quartz crystals in aluminum foil, then carefully pulling the foil apart, leaving an impression.

## Step 2



- You can also make long strips of candy by folding the foil lengthwise and curling up the ends so the candy doesn't leak out.
- Set your molds into the pan of rice to maintain their shape.

## Step 3



- Dissolve three capsules of vitamin B<sub>2</sub> in 150mL of water (5/8 cup), and measure out 1.25 cups of sugar.
- Using your candy thermometer, mix in the sugar and B<sub>2</sub>/water mix until the solution gets to 200 degrees. Then stop mixing and wait for the temperature to reach 300.

## Step 4



- Now it's time to work fast. Add your food coloring and flavoring and quickly stir, then start pouring your molds with a ladle.

## Step 5



- Wait until the candy has solidified, and carefully pull them from the molds.
- Congratulations, you've made UV sensitive Kryptonite candy. Enjoy!

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This tutorial compiled by Michael Colombo.

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